



## Train now to be a CRC Lifeguard

Call 357-POOL(7665) [www.cincyrec.org](http://www.cincyrec.org)



## Lifeguard Training Courses 2013

American Red Cross Lifeguard Training courses are designed to prepare an individual for lifeguard responsibilities.

- Just show up and come prepared to swim! No pre-registration required!
- It is recommended you complete at least one swim stroke clinic prior to the lifeguard training course. See back
- Attendance at every class within the course is mandatory.
- Participants must turn 15 by the end of the lifeguard course.
- Course Fee is \$40 for those who work full-time for CRC for the entire 2013 summer.
- Course Fee is \$240 for those who do not work for CRC.
- Course Fees include a whistle and lanyard.
- Book fee is an optional \$35 or participant may choose to print their own [www.RedCross.org](http://www.RedCross.org)

### Mt. Auburn Indoor Pool 270 Southern Avenue • 45219

### Ryan Pool (Westwood) 3324 Meyer Place • 45211

#### Location

#### Dates

#### Days of Week

#### Times

Course # 1. Mt. Auburn	Dec. 7 - Dec. 16 (2012)	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 2. Mt. Auburn	March 15 - March 24	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 3. Mt. Auburn	April 5 - April 14	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 4. Mt. Auburn	April 6, 13, 20, 27	Saturdays Only	4/6 - 8:00 am to 5:00 pm 4/13, 4/20, 4/27 - 9:30 am to 6:30 pm
Course # 5. Mt. Auburn	April 19 - April 28	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 6. Mt. Auburn	May 3 - May 12	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 7. Mt. Auburn	May 17 - May 26	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm
Course # 6. Ryan Pool	June 4 - June 8	Tues. thru Sat.	9:00 am to 5:00 pm
Course # 7. Ryan Pool	June 11 - June 15	Tues. thru Sat.	9:00 am to 5:00 pm
Course # 8. Ryan Pool	July 15 - July 19	Mon. thru Fri.	9:00 am to 5:00 pm
Course #11. Mt. Auburn	Dec. 6 - Dec. 15	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 9:00 am to 5:00 pm

357-POOL(7665) or e-mail us at [aquatics@cincinnati-oh.gov](mailto:aquatics@cincinnati-oh.gov)

- Course entrance requirements: 1.) 300 yard continuous swim, front crawl and/or breast stroke;  
2.) Swim 20 yards, surface dive to a minimum of 7 feet, retrieve a 10 pound object, return to the surface with the object and swim back to the starting point, keeping face at or near surface, holding the 10 pound object with both hands;  
3.) Tread water for 2 minutes using only the legs.



[www.cincyrec.org](http://www.cincyrec.org) • InfoLine: 352-4000



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

